Social Club Session (Mixed Levels)

Everyone engaged · Active session · Building towards competitive play

AUDIENCE	DURATION	PLAYERS	SHOT FOCUS
Club social group, mixed abilities	60 minutes	6 or more (pairs and fours)	Reset · Volley · Dink

Objectives

- **Everyone engaged:** keep every player improving at their own level.
- **Keep it active:** short blocks, rotating partners and no long waits.
- **Build towards competitive play:** finish with a fast, rotating game.

Equipment

- A paddle for each player
- Several balls per pair
- A court with net (one per 4 players)
- 2 cones with a ball on each (D115 Forehand Drive + Footwork)
- A solid wall (D016 Speed Up Resets)
- Water and somewhere to sit for rest breaks

Session at a glance

MIN	BLOCK	WHAT HAPPENS	DRILL ID
10	**Warm-up**	Group mobility, then players take turns on the shuffle-step warm-up drill	**D115**
10	**Technique / Skill**	Speed Up Resets at the wall: dink, speed up, reset	**D016**
15	**Drill**	Kitchen Block Volley Resets, moving up the progressions at your own level	**D076**
15	**Game**	On Deck Doubles: constant rotation, play to 11	**D105**
10	**Cool-down and debrief**	Stretches, then reflect, feedback and one practice suggestion	–

Coaching notes

- **Demonstrate first.** Show each skill before players try it, then give quality repetitions with feedback.
- **Let players choose their level.** In D076, each pair moves up the progressions when ready, so stronger and newer players can share the same drill.
- **Keep turns short.** D115 is a solo drill, so players take short turns on the cones. Set up more than one pair of cones for larger groups.
- **Wall space.** D016 needs a solid wall. Give each player a spot, or work in short turns if space is limited.
- **Rotate partners** between blocks so the group stays social.

1. WARM-UP 10 min

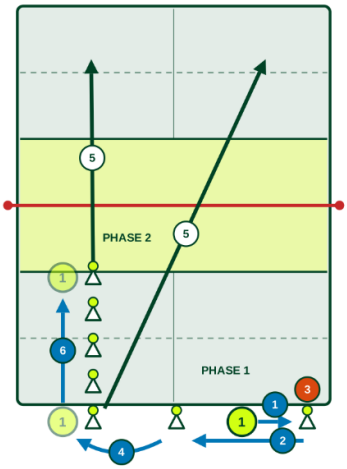
Mobility (about 6 min). Work through each exercise as a group, keeping movements controlled.

- High knees: 30 seconds to 1 minute
- Leg swings, front to back: 10–15 each leg (hold a wall)
- Leg swings, side to side: 10–15 each leg
- Arm circles: 20–30 seconds each direction
- Hip circles: 10 rotations each direction
- Lateral lunges: 8–10 per side

Movement (about 4 min). Players then take turns on the warm-up drill while the others wait ready to move.

D115 Forehand Drive + Footwork

Physical Movement · solo · All Levels. Run Phase 1 only (Shuffle Steps). Start one step behind the baseline. Get low and shuffle between the two cones, touching the ball on top of each as you arrive. Repeat for a set number of reps or a set time.



Full court - deuce side, then advantage side.

Step by Step

1. **Shuffle to the corner cone**
   Low shuffle step from the middle of the deuce baseline, touch the ball.
2. **Shuffle to the middle cone**
   Shuffle step back to the middle line cone, touch the ball.
3. **Repeat Phase 1**
   Repeat for a set number of reps or a set time.
4. **Switch sides**
   Pick up the paddle, move to the advantage side, first cone.
5. **Forehand drive**
   Get low, rotate the trunk, drive off the cone to the other side.
6. **Split steps to the next cone**
   Small split steps cone to cone towards the kitchen, drive each.

Player 1, solo practitioner (faded: Phase 2 positions)
Cone with a ball on top
Movement (shuffle or split steps)
Forehand drive, down the line or crosscourt (hard pace)

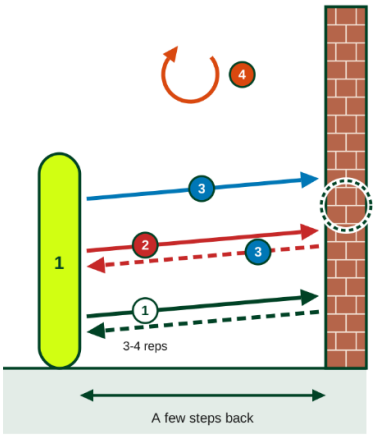
No scoring. Phase 1 runs for a set number of reps or time before Phase 2.
Phase 2 targets: down the line, crosscourt or mixed.

- Stay low and touch each ball cleanly. The touch confirms you moved fully to the position rather than reaching.

2. TECHNIQUE / SKILL 10 min

D016 Speed Up Resets

Technique/Skill · Reset · solo, at a wall · All Levels. Stand a few steps back from a wall in an athletic ready position. Hit soft dinks against the wall. After 3–4 dinks, speed one up, block the fast return with a controlled reset volley, then re-establish the soft dinking rhythm.



Step by Step

1. **Soft dinks**
   Hit soft dinks against the wall, 3 to 4 reps.
2. **Speed-up flick**
   Flick the ball with pace to speed it up off the wall.
3. **Reset volley**
   Block the fast return with a controlled, soft reset volley.
4. **Repeat**
   Re-establish the dinking rhythm and repeat. The sequence loops continuously.

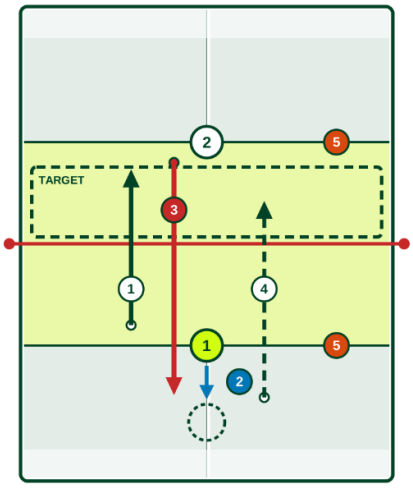
1 Player 1 (solo, athletic ready position)
Optional wall target
Solid line: ball travels to the wall
Dashed line: ball returns to the player

- Keep an athletic stance throughout: knees bent, slight forward lean.
- The reset after the speed-up is the key skill. Absorb the pace rather than matching it, and stay ready the moment you speed the ball up.
- Use the dinking phase to reset your position and breathing before the next speed-up.

3. DRILL 15 min

D076 Kitchen Block Volley Resets

Drill · Volley / Reset · 2–4 players · All Levels. Both players set up behind the kitchen line. Player 1 hits a high, short, attackable dink to Player 2, then split-steps back and retracts the paddle. Player 2 attacks, and Player 1 blocks the ball back into the kitchen. Switch roles after 5 successful resets.



Kitchen only - players directly opposite.

Step by Step

1. **Feed the dink**
   Player 1 hits a high, short, attackable dink to Player 2.
2. **Step back**
   Player 1 takes backward split steps, retracting the paddle to a defensive position.
3. **Attack**
   Player 2 attacks the ball hard back at Player 1.
4. **Block volley reset**
   Player 1 blocks the ball softly back into the kitchen.
5. **Five resets**
   After 5 successful resets, switch roles.

1 Player 1 (feeder and resetter)
2 Player 2 (attacker)
Defensive position, one step back
Target: the kitchen (landing zone for the reset)

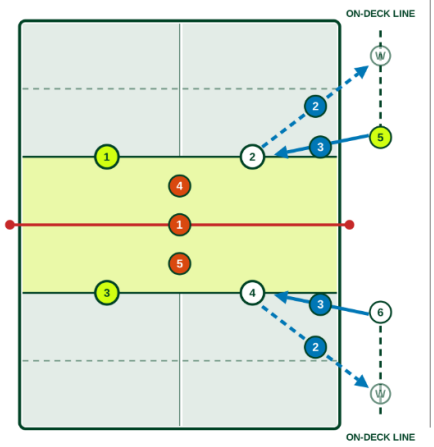
5 successful resets before switching roles.
Variations (not drawn): backhand target and four players.

- Progression 1, Backhand Target: the reset only counts if it lands towards Player 2's backhand.
- Progression 2, Four-Player: in a regular dinking rally, a player sets up the opponent with a high dink and the cross-court player must split-step back and reset. Once both partners succeed, the other team takes a turn.
- Mixed levels: let each pair move up the progressions when ready.

4. GAME 15 min

D105 On Deck Doubles

Game · Dink · 6+ players · All Levels. A standard 2v2 game with extra players on the on-deck line. After every point one player from each team goes out and the next in line comes in. Play to 11.



Full court - on-deck line on each side.

Step by Step

1. **Play 2v2**
   Play a standard 2v2 rally until the point is decided.
2. **One player exits**
   One player per team exits to the back of the on-deck line.
3. **On-deck player steps in**
   The next player in line replaces the exiting player.
4. **Play on at once**
   Play continues immediately; rotate after every point.
5. **First to 11**
   The first team to 11 points wins.

1 2 Active team (far side)
3 4 Active team (near side)
5 6 On-deck players, next in line
W Back of the on-deck line
On-deck line (outside the service box)

First team to 11 points wins. Minimum 6 players.
One player per team rotates out after every point.
On-deck players step in immediately.

- Players coming in need to get into position and talk to their new partner quickly.

5. COOL-DOWN AND DEBRIEF 10 min

Cool-down (about 6 min). Hold each stretch for 20–30 seconds, then switch sides.

- **Standing quad stretch:** hold the ankle to the glutes, knees together, stand upright.
- **Calf stretch:** face a wall, step one foot back, press the heel down.
- **Shoulder stretch:** bring one arm across the chest and press it closer with the other hand.
- **Triceps stretch:** raise one arm overhead, bend the elbow and gently pull it across.
- **Chest stretch:** forearm on a wall or doorframe, step forward and press the chest forward.
- **Neck stretch:** tilt the head gently towards one shoulder.

Debrief (about 4 min).

- **Reflect:** what felt good today, and what would they like to improve?
- **Feedback:** give one specific piece of praise to the group and one thing to keep working on.
- **Practice suggestion:** practise Speed Up Resets (D016) against a wall before the next session.
- **Close:** summarise the key takeaways and thank everyone for their effort.